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The Care of the Baby

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THE advice given in this pamphlet is intended to prevent sickness among infants and little children. The cure of disease and the treatment of a sick child should be directed by a physician.



PUBLISHED BY
THE MEDICAL DEPARTMENT OF THE BABIES' HOSPITAL,
NEWARK, NEW JERSEY

For distribution at its Consultations and to assist the
Nurses employed by child's welfare agencies in
teaching Infant Hygiene in the home.



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INFANT FEEDING TABLE

AGE	OUNCES	DAY TIME	AT NIGHT
1st Month 1-4 weeks	1½ to 2½ ounces	Every 2 hours	Every 3 hours
2d Month 4-8 weeks	2½ to 3½ ounces	Every 2 hours	Every 4 hours
3d Month 9-13 weeks	3½ to 4½ ounces	Every 2½ hours	Every 4 hours
4th Month 13-17 weeks	4½ to 5½ ounces	Every 2½ to 3 hours	Every 4 hours
5th Month 17-21 weeks	5½ to 6½ ounces	Every 3 hours	Every 4 hours
6th Month 22-26 weeks	6½ to 7 ounces	Every 3 hours	Every 4 hours
7th Month 26-30 weeks	7 to 7½ ounces	Every 3 hours	at 10 p.m. only
8th Month 30-34 weeks	7½ to 8 ounces	Every 3 hours	at 10 p.m. only
9th Month 35-39 weeks	8 to 8½ ounces	Every 3 hours	at 10 p.m. only
10th Month 39-43 weeks	8½ to 9 ounces	Every 3 hours	at 10 p.m. only
11th Month 43-47 weeks	Milk & Cereal Jelly	3 meals 3 bottles	1 bottle 10 P. M.
12th Month 48-52 weeks	Milk Cereal & Toast	3 meals 2 bottles	No feeding after 6 o'clock

At 11 months wean the baby from the bottle to a cup at breakfast, dinner and supper. Allow the bottle only when milk is used alone.

MAIN FACTS CONCERNING THE BABY.

Part First.

Babies die chiefly because they do not always get Intelligent Care and Good Mothers' Milk during the first year.

With these two conditions in the home very few babies would die; because most of them would be proof against disease.

One in four or one quarter of all who die are less than one year old, and two in five or forty per cent. die before they are five years old.

Breast fed babies are seldom ever sick. Most sick infants are those who do not receive good care and are fed from a bottle with badly prepared milk or patented baby foods.

The young animal subsists for a time on the milk of its parent, and since The Baby is more important than the lower animal, it should, by all means, get nature's food—its mother's milk.

When there is no mother's milk, then it requires the combined effort of five agents to provide good food for the baby, namely: A clean mother,—a clean cow,—a clean milk-man,—a milk expert and a wise doctor.

Long experience and common sense prove that fresh, clean and safe cows' milk, adjusted to the child and kept from spoiling, is the best bottle food for a baby during its first year.

INSTRUCTIONS

THE NEW-BORN BABY.

Part Second.

At birth it is natural that the babe should sleep most of the time until the third day.

Do not disturb it, only a few nursings are required during this time, when it is awake.

Then it is proper to nurse the infant every two hours during the day, but not so often at night.

The baby's mouth needs frequent cleansing. Use simply boiled water with absorbent cotton. To neglect this is often dangerous.

If sprue or thrush occurs in the mouth, a little baking soda should be added to the plain boiled water before it is used. (Never use boric acid.)

Great care should be observed in bathing the baby. Serious disease often follows slight injuries to its delicate skin.

The water used for the mouth and the skin should always be taken from the tea-kettle and allowed to cool before using.

Several wipes of cheese cloth, seven inches square, are better than a sponge or single cloth for washing the baby after it is soiled.

Serious and painful skin diseases are often due to careless bathing and hasty washing after removing the diapers.

Soiled clothing and diapers should be removed from the baby's room at once and washed as soon as possible.

A bandage should be kept over the umbilicus (or navel) at least during the first month. A loose knitted shirt is better after that.

An infant's clothing should always be light and loose and made of materials which are both soft and warm.

If the baby cannot have breast milk, it should be given clean cows' milk mixed as near like mothers' milk as possible.

The average stomach of an infant, for a few days after birth, holds only two or three tablespoonfuls.

Never keep nipples in water or any solution, but when they are clean, stand them on a saucer under an inverted tumbler.

Unclean nipples, unwashed hands, so-called "comforts" and the dust which is continually dropping, are the most frequent causes of sore mouth.

New born babies with sore eyes should be treated by a doctor at once. To neglect this may result in blindness for life.

Running ears should always receive prompt attention. Deafness usually follows unless this condition is properly treated by a physician.

THE MOTHER'S MILK.

Part Third.

Babies who are nursed every hour do not get good milk. It is short in quantity and not so rich as when the intervals are longer.

If a baby is nursed more than once or twice between 10 P. M. and 6 A. M. the mother loses her sleep and also soon loses her milk.

If nursing women were not exhausted from lack of sleep; if they did not worry or get excited, not many mothers would lose their milk.

Sleep will do more to preserve mothers' milk than medicine. Tonics will do no good without proper food or sufficient sleep.

Ten minutes' sleep in the day time, when the baby is quiet, will increase the quantity and quality of the mother's milk.

Good food which has been well cooked, eaten slowly and well masticated is conducive to a full supply of mothers' milk.

A nursing mother must abstain from alcoholic liquors, from wine and strong beer. Beer of any kind or malt liquors do not produce mothers' milk.

Quiet home surroundings without confusion, good digestion, regular hours for meals and long hours of sleep are necessary to conserve the mother's milk.

If there is but half enough mothers' milk for the baby, this should be used alternately with a mixture of cows' milk prescribed by the doctor. Two kinds of milk may be used together if they are alike in proportions and are free from the causes of disease.

INFANT FEEDING WITH THE BOTTLE.

Part Fourth.

If mothers' milk fails, the substitute should contain the principles of nature's food and no other substance.

Good infant feeding makes strong, muscular children who have vigor and nerve force. The fat child is not always the healthy one.

Bad infant feeding makes weak children with low vitality, who have no power to resist disease.

Cows' milk, when properly prepared, furnishes a full diet for a baby during the first eight or ten months, and supplies all the food it needs.

No infant under one year old can easily digest unchanged cows' milk: It is stronger than mothers' milk in some things and weaker in others.

The formula for a baby's milk should be written by a doctor, who knows best what the baby needs for growth and development.

If the milk disagrees, it must be due to one of the following causes: First—Misfit feedings. Second—The use of milk which is too strong. Third—The use of milk which is spoiling. Fourth—The use of milk which contains dirt, germs or other impurities.

More infants are made ill by over-feeding than by under-feeding. Never liken a baby's digestion to your own.

A baby should be supported on its side when feeding it, or if in the arms, in the same position as when nursing it.

Have regular hours for feeding the baby and do not vary from them. Without regularity, the mother becomes a slave.

It is best to feed a baby on time during the day, even though it is wakened. This establishes a regular habit of feeding.

Do not feed the baby because it cries or when it is in pain. It would be injurious to fill the baby's stomach at such a time.

A baby may cry from many causes beside hunger. If it is nervous or tired, it will not be quiet until the mother is quiet herself.

Feeding more than twice in the night after the third month is both harmful and unnecessary. Sleep at night is always better than food.

An infant's thirst is not quenched by milk: it needs a few spoonfuls of clean water to drink occasionally during the day.

A drink of cool boiled water given between the feedings will often aid the digestion and quiet the baby when it is restless.

The nipple and bottle must be as clean as soap, scouring and scalding water can make them, or they may spoil the milk and ruin the baby's digestion.

Never put a bottle nipple in your own mouth and then into the baby's mouth. This is very dangerous and has caused sickness and death.

Long rubber tubes, "comforts," nipples with valves and nursing bottles which are flat or bent should never be used, for it is difficult or impossible to clean them.

MANAGEMENT AND CARE.

Part Fifth.

An infant is a creature of habit and always responds to a mother who has order and system in her care.

A mother is foolish to carry or hold or rock a restless baby, for it is generally nervous or tired or excited.

A restless and tired baby needs a quiet body, a quiet caretaker and a darkened room in order to become quiet itself.

If the baby is frightened, hold it a moment to comfort it; if uncomfortable, change its position; if thirsty, give it water to drink.

If it is time, feed the baby and then lay it down and quietly leave it alone, but remove it from confusion loud talking and the noise of the street.

THE BATH. A baby is in need of a daily bath. A tub bath is best in hot weather, and also in cold weather if the room is warm, but at least a sponge bath is necessary every day. After removing soiled or wet diapers, boiled water should be used to cleanse the skin before putting the baby in the tub.

THE CLOTHING. Clothing should be soft and light and warm. It should not be tight nor hinder the baby's free motion.

In summer cotton is best next to the skin with cotton or mixtures of cotton with wool or linen or silk for second garments.

Woolen clothing in hot weather or in a hot room is apt to cause heat rash and should only be used on cold or feeble babies.

In winter mixtures of cotton and wool should be used next to the body. If the skin is tender or sore, cotton is better, with wool outside. Cotton is cool, linen warmer, wool is warmer still, and silk is warmest of all. Clothing should be light or heavy, according to the weather.

THE ROOMS. The baby is entitled to the largest room—one with sunlight if possible, with fresh air always, night and day, and only moderately warm.

The bedroom or living-room should never be warmed by gas or oil stoves. They always poison the air, irritate the lungs and are dangerous.

THE AIR. Open air is the air out-of-doors. Fresh air is air from out-of-doors admitted through open windows and ventilators and should replace the foul air of the rooms. Foul air is house air made foul by the breath, the basins, the sink, the toilet and the cellar.

A wide-open room is generally cooler in the summer and better for the baby's airing than the sun-heated air out-of-doors.

A wide-open room with heat in it is often best for the baby's airing in winter, when it is freezing weather: the baby, of course, should be warmly wrapped.

A baby should be in the open air or out-of-doors part of every bright day, but not when ill or when it is extremely hot, very cold or stormy.

It is not necessary to move a baby in a cart or carriage to get the benefits of open air. A quiet corner away from wind and sun is better.

THE BABY'S BED. A cradle, go-cart or carriage is not a good bed for the baby: the rocking or motion of springs is irritating to the brain and stomach.

A movable crib which stands firm, with a mattress, is the best bed for day and night. A pillow or mattress should not cramp nor hinder a baby's free motion.

The baby's bed should be sheltered from draft by screen or light curtains and it may be kept warmer by several layers of paper placed under the mattress.

THE SLEEP. Sleep is as necessary to a baby's health as its food. Its digestion is never good without it.

It is during natural sleep that energy and strength are made and gain in weight takes place.

No medicine should ever be given to a baby to force it to sleep. Such sleep is often dangerous.

A baby should not sleep in the bed with its mother or nurse. Many accidents have happened when this has been done.

A baby should be taught to sleep while lying still without being held or rocked or moved in a baby carriage.

A darkened room with windows open is a better place than out-of-doors for the regular day-time naps.

At birth a baby should sleep most of the time. From 2 to 4 months, it should sleep about seventeen hours each day. From 4 to 14 months, it should sleep about sixteen hours a day. From 14 to 24 months, about fifteen hours a day. From 2 to 3 years, about fourteen hours a day including two day-time naps.

EXERCISE. In order to grow strong, every baby must have exercise. This is impossible in tight clothing, which would hinder the motion of limbs and back.

A baby cannot exercise properly in a baby carriage or in the arms; it cannot move freely on a soft pillow or on the lap.

Daily exercise should be allowed the baby on a flat bed or mattress with clothing loose and the room well ventilated.

Do not brace a baby to sit alone or use "baby tenders." Do not urge it to creep or stand or walk until it can do these things of its own accord.

CLEANLINESS. Cleanliness is the first and most important law in the place where the child dwells.

Do not allow disease to lurk in your house because you fail to keep everything in it clean.

Disease is carried by soiled hands, soiled clothing, unclean cups and dishes, by an infected mouth or throat or by bad food and water.

Disinfectants remove the danger in dirt, but do not remove the dirt. It is better that both danger and dirt be removed.

The Doctor's cleanliness is designed to remove germs and is effected by boiling, baking and burning. The Housewife's cleanliness is designed to remove dirt and is best effected by scrubbing, scouring and scalding.

SICKNESS. If the baby loses weight, it should be taken to a doctor: its food probably needs to be changed.

Summer complaint and cholera infantum would be of rare occurrence if proper attention was always given to the baby's food.

Vomiting or simple diarrhoea are signs that the baby is ill or growing ill. Weaken its food and consult your family physician.

Older children, who sleep with their mouths open, are apt to have large tonsils or adenoids. To prevent deafness and many other diseases they should be removed.

Many blind and deaf children would have their sight and hearing if the parents had consulted a physician in time. All children with sore eyes or running ears should be taken to a doctor.

All babies should be vaccinated after they are three months old, but it should be understood that it protects the child from one disease only. It should always be done by a physician.

WEANING. Weaning is transferring a baby from poor mothers' milk to better milk and, when teeth appear, to solid and stronger food.

Mothers' milk usually becomes poor after the tenth or twelfth month. At this time the baby should be weaned to other milk, taught to eat and to drink its milk from a cup.

Fresh milk, with bread and cereals and vegetables, should constitute the principal food for a baby during the second year, and milk is important during the greater part of childhood.

THE CARE OF MILK.

Part Sixth.

Milk is a delicate animal fluid highly sensitive to exposure, and quickly spoils unless it receives great care.

Milk is spoiled by the bacteria which fall into it, and which set up fermentations, due to their presence in it.

Vessels for holding milk should be made of earthenware, glass or porcelain, and always be provided with covers.

In open vessels, milk should be counted unclean; for it is thus exposed to invisible droppings of dust.

Milk utensils should be scoured with soap and hot water, then rinsed and finally scalded with boiling water.

Bottles intended for milk should be cleaned with coarse sand, baking soda and water, then rinsed and scalded.

Empty milk bottles, after proper cleaning, should be filled with boiling water and allowed to stand until used.

Chemical poisons which germs cast off, and various germs of contagion, are the contaminations in milk most dreaded.

Heat and cold are valuable preservatives for milk; but extremes of either are injurious and destructive to it.

Heat is only useful to destroy the numerous germs which contaminate milk and which, if left, finally spoil it.

Cold is valuable because it retards the growth of germs while applied to milk, but never any longer.

Milk should never be allowed to freeze nor be subjected to more heat than necessary to sterilize it.

Milk is sterilized when heated by steam or boiling long enough to destroy all the germs in it.

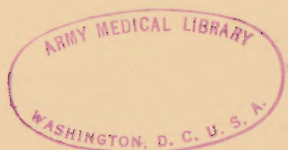
Milk is Refined which has been heated at 155 degrees Fahrenheit for twenty minutes, and then cooled quickly.

Properly refined milk is free from harmful germs and has not been injured as when sterilized or boiled.

Milk is best preserved when stored in small glass bottles, corked with cotton wool and kept on ice.

When ice is not available, bottled milk should be immersed in cold water, which should be frequently changed.

When the separate feedings of milk are kept in small closed bottles, the several portions are equally protected.



Some of the axioms in the foregoing pages, were originally written for the Newark Board of Health by the author of this pamphlet (Dr. Coit) and were published by the city in an anonymous circular for general distribution in 1894. Since they have been copied in circulars in other cities, this note is necessary to account for their use by the author.

CALENDAR

The Babies' Hospital Consultations and Milk Stations

Consultations

For mothers with nursing babies, sick infants or young children.

BABIES, HOSPITAL

Cor. Bank and High Sts.,
Monday, Thursday and Saturday 10 A. M.

BETHANY DISPENSARY

Cor. Charlton and Spruce
Sts., Tuesday 10:30 A. M.

NEIGHBORHOOD HOUSE

No. 555 Market St., Thursday 10 A. M.

NEWTON STREET PLAYGROUND

Newton St. near Bank, Friday 10:30 A. M.

Milk Stations

For the distribution of infants' milk, designed for the poor.

BABIES' HOSPITAL

Cor. Bank and High Sts.
Open 3 to 4 P. M. Sunday 11 A. M.

BETHANY DISPENSARY

Cor. Charlton and Spruce
Sts., Open 3 to 4 P.M. Sunday 9 A. M.

NEIGHBORHOOD HOUSE

No. 555 Market St., Open 11 to 11:40 A. M. Sunday 11 A. M.

NEWTON STREET PLAYGROUND

Newton Street near Bank.,
Open 1:30 to 2:30 P.M. Sunday 9 A. M.

One of the physicians of The Babies' Hospital will be in charge of the CONSULTATIONS and will be assisted by a nurse provided by "The Joint Committee on the Better Care of Infants." This nurse will help the mother to understand the instructions given by the doctor, make the records of the baby's weight and by visiting the mother guide her in the proper care of the baby.
